



### Product Spotlight: Lentils

Lentils are a great source of plant-based protein, with 18 grams in every one-cup serving, the equivalent of eating about three whole eggs!



## Khorma Roasted Vegetables with Lentils

A mix of filling and nutritious vegetables and lentils roasted in a coconut milk and khorma curry sauce, served with toasted almonds, slices of red chilli and fresh mint leaves.



40 minutes



2 servings



Plant-Based

### Spice it up!

*To spice up the khorma sauce, blend roughly chopped chilli into the khorma sauce, or add desired amount of dried chilli powder and serve with fresh chilli!*

Per serve: **PROTEIN** 23g **TOTAL FAT** 26g **CARBOHYDRATES** 9g

## FROM YOUR BOX

KHORMA CURRY PASTE	1 sachet
COCONUT MILK	165ml
WHITE SWEET POTATO	500g
ZUCCHINI	1
EGGPLANT	1
CHERRY TOMATOES	200g
FLAKED ALMONDS	1 packet
RED CHILLI	1
MINT	1 packet
TINNED BROWN LENTILS	400g

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

small frypan, oven tray

## NOTES

You can serve this dish with a squeeze of fresh lime or lemon juice to finish.



Scan the QR code to submit a Google review!



### 1. PREPARE KHORMA SAUCE

Add **khorma paste** and **coconut milk** to a bowl. Mix to combine.



### 2. ROAST THE VEGETABLES

Cut **sweet potato** and **zucchini** into angular pieces. Wedge **eggplant**. Add to a lined oven tray along with **cherry tomatoes, oil, 1/2 prepared khorma sauce, salt and pepper**. Roast for 20–25 minutes until vegetables are tender.



### 3. PREPARE THE TOPPINGS

Toast **almonds** in a dry frypan over medium-high heat until golden.

Slice **chilli**. Set aside with **mint leaves**.



### 4. ADD THE LENTILS

Drain and add **lentils** to oven tray with **vegetables** and toss to combine. Return to oven to roast for a further 10 minutes.



### 5. FINISH AND SERVE

Divide **roasted vegetables** and **lentils** among plates. Spoon over **remaining khorma sauce** and add **prepared toppings**.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0440 132 826** or send an email to **hello@dinnertwist.com.au**

